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### 1. Ankle Pumps

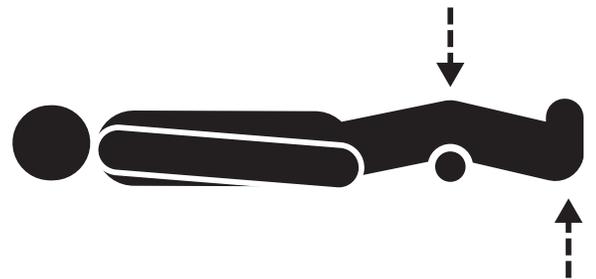
- ◆ While lying in bed or while sitting in a chair, slowly bend your foot up, bringing your toes towards you as far as possible.
- ◆ Hold 2-3 seconds and then point your toes and foot down away from you as far as possible.
- ◆ Repeat this 20 times.
- ◆ Perform this exercise 4 times per day



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### 2. Short Arc Quads

- ◆ Lie on your back and place a towel roll under your knee.
- ◆ Tighten your thigh muscles and press down on the towel as if you were straightening the knee. Lift your foot off of the bed or floor as you are able to.
- ◆ Hold this 5-10 seconds, then relax.
- ◆ Perform 2 sets of 10 repetitions per session.
- ◆ Perform 4 sessions per day.



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### 3. Heel Slides

- ◆ Lie flat on your back.
- ◆ Place a rolled up sheet or stretching strap around your foot and slowly slide your heel up towards your rear. Allow the knee to bend until you feel a good stretch. Use the strap or sheet to help give you slightly more stretch.
- ◆ Hold this 2-3 seconds and then slowly lower down.
- ◆ Repeat 20 times.
- ◆ Perform this 4 times per day.



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#### 4. Straight Leg Raise

- ◆ Lie on your back with your involved knee straight and the other knee bent.
- ◆ Keep the leg completely straight and tighten the muscles on the front of the thigh.
- ◆ Raise the leg about 12-18 inches off of the floor.
- ◆ Hold 2-3 seconds and then slowly lower down.
- ◆ Repeat 10 repetitions of this.
- ◆ Perform this 4 times per day.



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#### 5. Long Arc Quadriceps

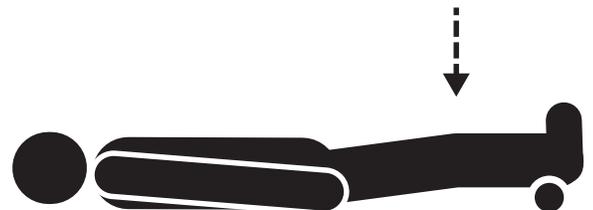
- ◆ Sit at the edge of a table or bed.
- ◆ Slowly straighten your knee as far as possible.
- ◆ Hold 2-3 seconds and then slowly lower down.
- ◆ Repeat this 10 times and work up to 20 repetitions as able.
- ◆ Perform this exercise 4 times per day.



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#### 6. Extension Stretch

- ◆ Place a towel roll or pillow under your ankle.
- ◆ Don't let leg roll outward (keep toes pointed toward ceiling).
- ◆ Let the knee lower toward bed.
- ◆ Hold for total time of 15 minutes.
- ◆ Repeat 4 times daily.



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#### 7. Seated Flexion Stretch

- ◆ Sit in a chair on the edge of a bed with your thigh supported.
- ◆ Use your hands or your other leg to help bend your knee.
- ◆ Once your knee is bent, hold this position for 1 minute before straightening.
- ◆ Do 5 repetitions per session.
- ◆ Do 4 sessions daily

